



Immigrant, Migrant, Refugee, & New American Family Mental Health

Immigrants, migrants, refugees, and New American families comprise a significant size of the American population and face a unique set of challenges that impact their mental health. Although immigrants and migrants have a variety of social determinants, a multitude of research has found overall ***those born outside of the United States (U.S.) experience a decline in health the longer they live in the U.S.***, including a greater risk for psychiatric disorders, including depression, anxiety, post-traumatic stress disorders (PTSD), and substance use disorders.¹⁻²

Risk Factors

Immigrants and migrants may experience disrupted family cohesion and conflicts, low social support, language barriers, acculturative stress, and discrimination which can diminish their quality of life. Immigration raids and detentions are also stressors many immigrants and migrants face, particularly for Hispanic and Latinx populations. Furthermore, ***Hispanic and Latinx children who have been separated from their parents at detention centers or deportation record a greater likelihood of mental health issues, including PTSD.***

Immigrants, migrants, refugees & New American families are additionally faced with many barriers, which impact their mental health as well as their abilities to seek mental health care. Some barriers found are mental health stigma, distrust of healthcare, high-costs, and cultural or linguistic differences.³⁻⁴ It is important to note that each racial and ethnic group has different needs and thought processes regarding mental health, emphasizing a need for culturally competent mental health servicing. ***The increased risk of developing mental health issues among immigrants and migrants, especially children, warrant further attention.*** On the following page, you will find a variety of mental health and community resources available to support the mental health and wellness of immigrants and their families.

1. Pinedo, M., & Valdez, C. R. (2020). Immigration Enforcement Policies and the Mental Health of US Citizens: Findings from a Comparative Analysis. *American journal of community psychology*, 66(1-2), 119–129.

2. Alegría, M., Álvarez, K., & DiMarzio, K. (2017). Immigration and Mental Health. *Current epidemiology reports*, 4(2), 145–155.

3. Moncrieffe M. (2023). Specialized care for immigrants experiencing trauma is vital. Psychologists are breaking down the mental health barriers. *American Psychological Association*.

4. Mohammadifiroozeh, M., Oh, K. M., Basnyat, I., & Gimm, G. (2023). Factors Associated with Professional Mental Help-Seeking Among U.S. Immigrants: A Systematic Review. *Journal of immigrant and minority health*, 25(5), 1118–1136. <https://doi.org/10.1007/s10903-023-01475-4>

Resources to Support Immigrant, Migrant & Refugee Mental Wellbeing

- Access key resources to support immigrants in your communities, including [Community Resources & Immigration Hotlines](#), [Red Cards from ILRC](#), the [Rapid Response Network Hotline List](#) for urgent situations, and the [National Immigrant Detention Hotline](#) for free support while in detention. Additional tools include the [Immigrant Defense Project](#) and the [Immigration Advocates Network](#) for legal referrals and rights education.
- Some Georgia specific resources include [The Georgia Department of Public Health Refugee Health Program](#), a program providing refugees healthcare services, and [CVT](#), which extends rehabilitative care to refugees and asylum seekers, including psychotherapy, clinical case management and professional interpretation. [Clarkston Health Equity Coalition](#) also has a network of resources and service providers for the Clarkston community including mental health care.
- [Amigos de la Comunidad Georgia](#) is a grassroots nonprofit organization supporting low-income Spanish-speaking families along the Buford Highway corridor.
- [Georgia Latino Alliance for Human Rights \(GLAHR\)](#) offers Know Your Rights information and downloadable flyers. They also have a hotline for anyone with questions: (770)-457-5232.
- Explore services provided by [Inspiritus](#), [Immigrants Rising](#), and [National Network for Immigrant and Refugee Rights](#). All sites also have comprehensive lists of mental health resources.
- Download an extensive mental health resource directory from the [Coalition for Immigrant Mental Health](#).
- These organizations have broad tools, resources, and tips available to browse to support this population.
 - The American Academy of Pediatrics Immigrant Child Health, including a [toolkit](#) with a section on Mental, Emotional and Behavioral Care
 - UnDocuHealth Initiative, including a [Mental Health Toolkit and Directory](#)
 - [Informed Immigrant's](#) 'Mental Health for Immigrants: Taking Care of Yourself & Loved Ones'
- [Brown Girl Therapy](#) is the largest mental health and wellness organization for first, second and third generation immigrants and children of immigrants, and it aims to destigmatize mental health and promote bicultural identity exploration.
- Check out and share Resilient Georgia's Mental Health Resource webpages for [Hispanic/Latinx](#), [Black](#), and [AAPI](#) communities.